

DIAMONDS IN THE ROUGH

ENGAGING FAMILY THROUGH MOTHERS' SUPPORT GROUP IN AL MAHA 1 UNIT

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INTRODUCTION

Al Maha Children's Unit 1 provides comprehensive medical and rehabilitation services for the long term ventilated care children. The unit comprises of children with age ranging from infants to young adults receiving care from various medical multi-disciplinary team members. These chronic ventilated patients require highly specialized 24-hour care that covers and addresses medical, rehabilitative/habilitative and developmental needs as a form of holistic treatment approach. Long term care ventilated children have medically complex needs requiring staffs to be always in high alert in the whole treatment and in the any procedure to be done for them. Coping up with day to day activities are difficult for and each day children and parents are facing the challenge thus increasing the stress level in mothers.

With this in mind, the unit staffs thought of inaugurating a mother's support group which will be diverting some needed attention to the mothers of these children who most of the time suffer physically and emotionally in the process of providing all their children's complex needs and trying to uplift the quality of their lives to an extent.

OBJECTIVES

- 1.The primary intention of the project is to be able to help support each of the patient's mothers by providing them not just psychological support but the feeling of having a family inside the hospital which will not only help them physically in dealing with their medically complex children.
2. To conduct monthly Mother support group meeting which will help provide the best plan of care for the children with the active participation of family members especially mothers.

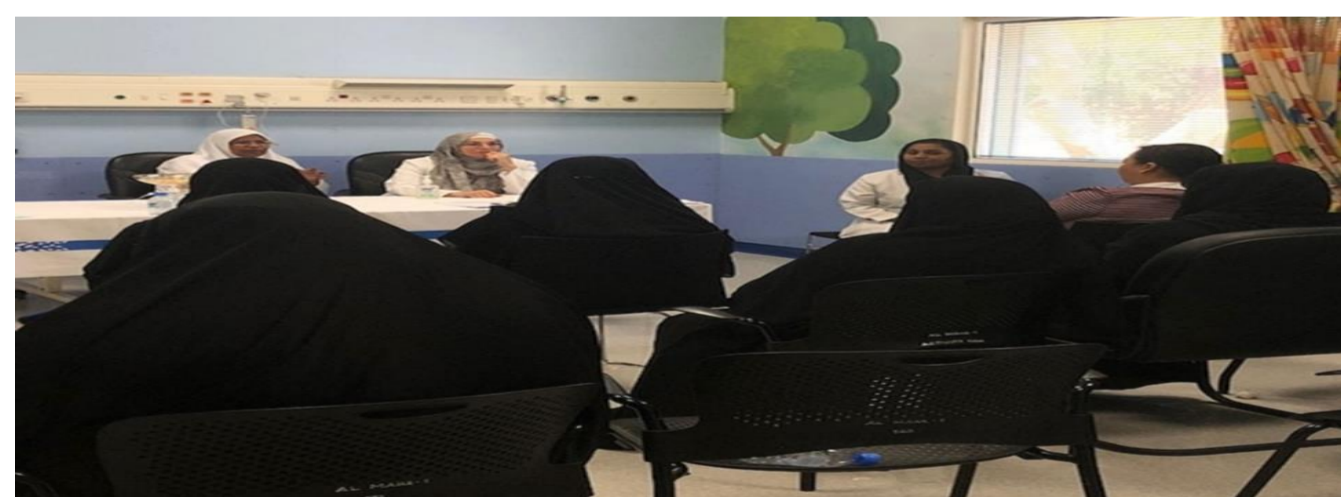


Figure 1. Mothers listening carefully to the Education session. Concerns and questions were discussed and dealt accordingly.



Figure 2. The brilliant MDT team behind this initiative.

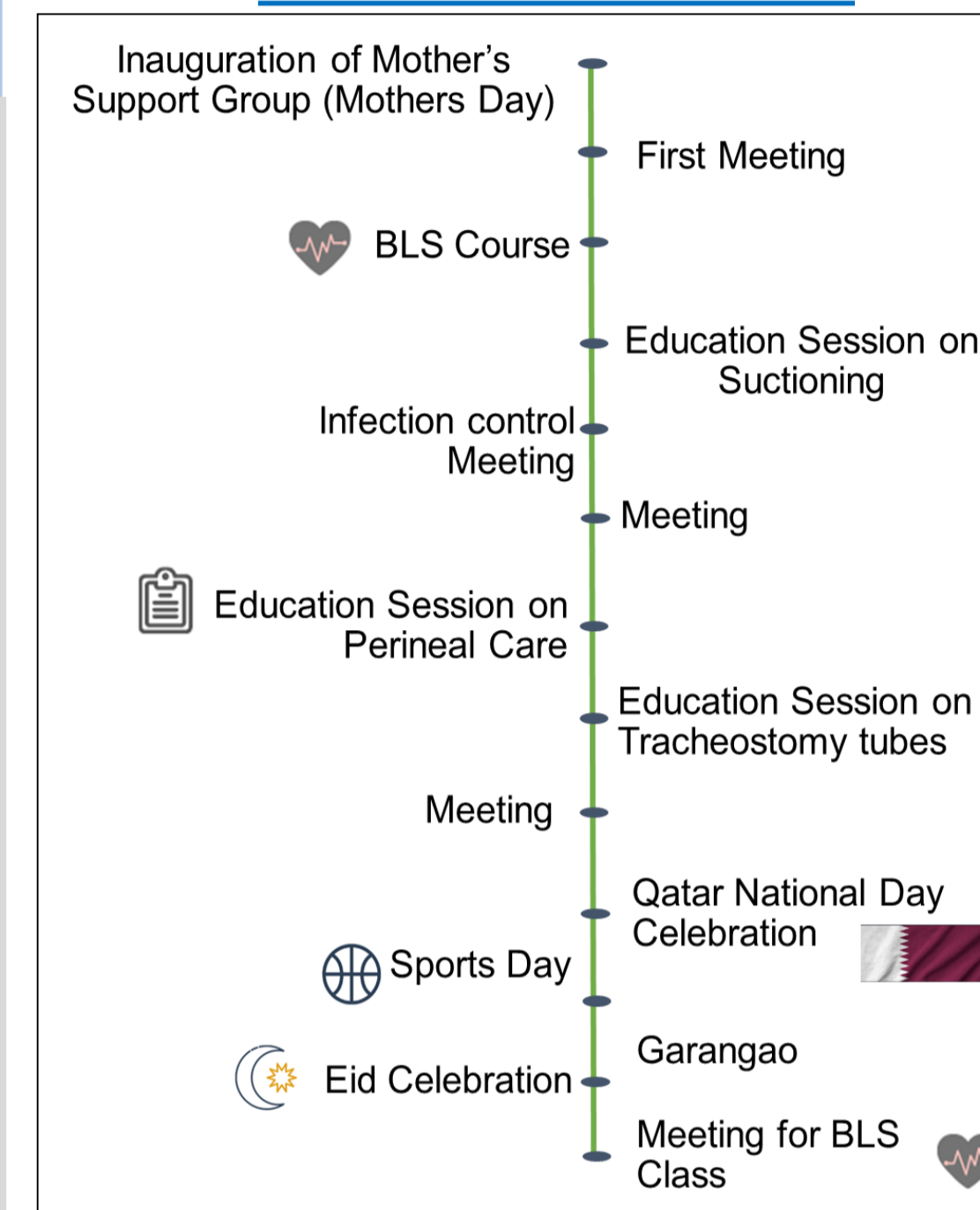
In Collaboration with



METHODS:

| Gatherings | Communication | Empowerment |
|---|--|--|
| <ul style="list-style-type: none"> Scheduled monthly meetings Plan of care discussion Address concerns Discussion of topics unanimously decided by the mothers according to their needs. Minutes were recorder and maintained to have continuity of the flow of information for the support group and let Mother's know what is going on even if they missed education sessions. | <ul style="list-style-type: none"> Assigned staff to translate and deliver the exact messages. Collated all mothers contact numbers and talking to them individually; convincing them and explaining the importance of having the support group by discussing the benefits of having support group | <ul style="list-style-type: none"> Regular education by the assigned Multidisciplinary team Group discussion brain storming etc. |

ACTIVITY TIMELINE



CONCLUSION

Engagement of the mothers became one of the highlights in the unit. Through education and active involvement in care, they became confident in bringing their child at home as evidenced by increasing number of out on pass.

Families became aware that something like this mothers' support group is existing in the unit which is trying to provide full support in all the aspect of care that will benefit their children and provide better quality of life for them. There is a drastic increase in the frequency of visits from the parents as well as the extended family members.



Figure 3. Article published in Gulf times. This photo is taken with consent from the family

PDSA

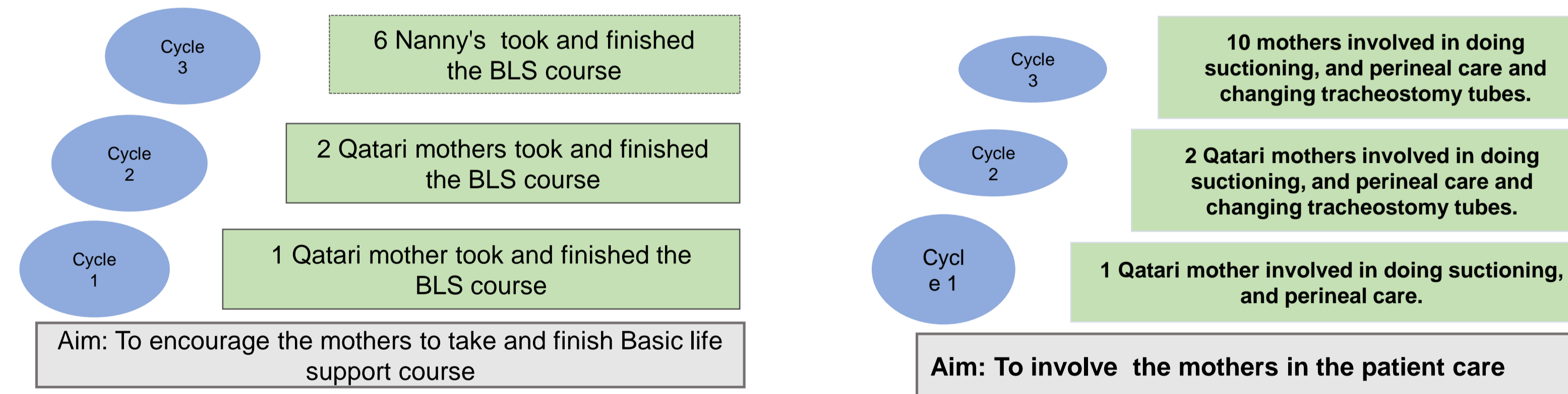
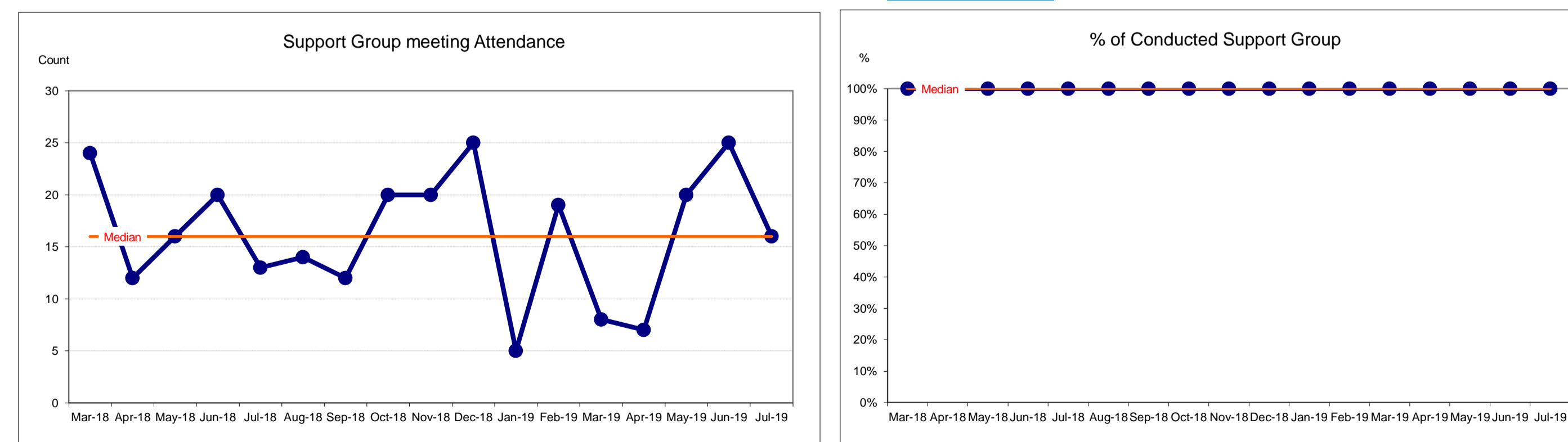


Figure 4. Official Inauguration of Mothers Support group in Al Maha 1.

RESULTS



Graph 1. This graph shows the attendance of the mothers on the support group meeting. Last March and April, there are less mother's attended the meeting due as some of them are on vacation. Average of 75% of mothers attended the support group.

Graph 2. This graph shows the compliance on Conducting the monthly support group activities and meeting.

62
Out on pass in the unit have drastically increased. At least 3-4 children are regularly going as out on pass weekly.

17
Total Number of Support group Activities.

13
Qatari Mothers involved in patient Care

TEAM MEMBERS

EXECUTIVE SPONSORS:

- Dr. Abdul Aziz Darwish- ACEO RH m
- Dr. Hanadi Al Khamis -Medical Director
- Ms. Mariam Al-Mutawa- ED Nursing
- Dr. Amal Abousaad-AED QPS

TEAM MEMBERS:

- Dr. Reem Babiker Mohamed ,Pediatric Consultant,
- Dr. Eshan Muneer, , Pediatric Fellow, Al Maha Unit
- Dr. Nadra Mohamed Samir Z A/Meguid, Associate Pediatric Consultant
- Ms.NAGWA AHMED BABIKIR MOHD, DON Nursing
- Ms. Sindhu Subramanian, OT
- Ms. Honeylet Espina Francisco, PT
- Mr. Vince Soloman, OT
- Ms. Ragia El Shaarawy
- Al Maha 1 Mothers
- Al Maha 1 Nursing and Multi-Disciplinary Team